

Tomorrow's Hope Montessori School October 2017 Lunch and Snack Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	2 English Muffin / Applesauce	3 Mini Bagel w/Cream Cheese	4 Pancake / Applesauce	5 Cheerios / Banana	6 Wheat Toast w/Jam / Milk
Lunch	Grilled Cheese/ Cucumber Slices Orange Slices	Sliced Turkey Hummus Tortilla Roll/ Corn /Banana	Chicken/ Zucchini/ Brown Rice Pineapple	Turkey Sloppy Joes/ Wheat Bun Carrots/ Apple Slices	Chicken Nuggets/ Green Beans Mixed Fruit
PM	Graham Crackers/ Apple Butter	Cheese Its/ Yogurt	Vanilla Wafers/ Orange Slices	Wheat Crackers /Cheese Sticks	Cucumber Slices /Hummus
AM	9 Cereal Bar / Applesauce	10 Cheerios / Banana	11 Yogurt / Granola	12 Whole Grain Waffle/ Oranges	13 Mini Bagel w/Jam/ Applesauce
Lunch	Bean & Cheese Burrito/Brown Rice/ Corn/ Pineapple	Pasta w/ Turkey Meat Sauce Green Beans / Apple Slices	Fish Nuggets/ Seasoned Rice Broccoli/ Pineapple	Lentils & Brown Rice/ Mixed Veggies/ Apple Slices	Cheese Pizza/ Cucumber Slices Mixed Fruit
PM	Veggie Stix/ Hummus	Animal Crackers/ Orange Slices	Wheat Crackers / Cheese Sticks	Yogurt/ Graham Crackers	Oyster Crackers/ Banana
AM	16 English Muffin / Applesauce	17 Mini Bagel w/Cream Cheese	18 Pancake / Applesauce	19 Cheerios / Banana	20 Wheat Toast w/Jam / Milk
Lunch	Fish Nuggets / Broccoli Brown Rice / Pineapple	Macaroni & Cheese Green Peas/ Banana	Turkey Sloppy Joes / Wheat Bun Carrots / Apple Slices	Chicken/ Zucchini/ Brown Rice Pineapple	Chicken Nuggets/ Green Beans Mixed Fruit
PM	Graham Crackers/ Apple Butter	Cheese Its/ Yogurt	Vanilla Wafers/ Orange Slices	Wheat Crackers /Cheese Sticks	Cucumber Slices/ Hummus
AM	23 Cereal Bar / Applesauce	24 Cheerios / Banana	25 Yogurt / Granola	26 Whole Grain Waffle/ Oranges	27 Mini Bagel w/Jam/ Applesauce
Lunch	Grilled Cheese/ Cucumber Slices Orange Slices	Sliced Turkey Hummus Tortilla Roll/ Cucumbers/ Banana	Turkey Slider/ Wheat Bun Carrots / Banana	Lentils & Brown Rice/ Mixed Veggies/ Apples	Cheese Pizza/ Cucumber Slices Mixed Fruit
PM	Veggie Stix/ Hummus	Animal Crackers/ Apple Slices	Wheat Crackers/ Cheese Sticks	Yogurt / Graham Crackers	Oyster Crackers/ Banana
AM	30 English Muffin / Applesauce	31 Mini Bagel w/Cream Cheese			
Lunch	Cheese Ravioli w/ Marinara Green Beans/ Banana	Chicken/ Zucchini/ Brown Rice Pineapple			
PM	Graham Crackers/ Apple Butter	Cheese Its/ Yogurt			

Organic Milk is served everyday with lunch. Water is served with every meal. Pasta and Bread options are Whole Wheat or Whole Grain. When meat is offered, a vegetarian substitute is provided at parent request.